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A Newsletter Of The Monroe Institute

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THE STEP BEYOND

by Robert Monroe

Throughout human history, there has been a common yearning and nostalgia for something deep in ourselves—our true identity, our origin. Many of us interpret it as a desire to revisit the site of our physical origin, our birthplace and childhood. Of those who do, most come away vaguely unsatisfied and unfulfilled.

They expected more but cannot define what they mean by "more." Then there are, among us ordinary people, those who sometimes pause for a moment to reflect on what it all means. But just for a moment.

A growing number of us finally become astute enough to realize that one way or another, each of us will eventually be "Going Home." To our original point of origin. Not Here but There, without keen knowledge of what "There" really is. It's only a matter of time.

Our new label for all that we do is the *LIFE SPAN* system. This is in accordance with a determination to provide a learning process for every human need. Our newest and latest is a special kind of help for those with life-threatening illness or injuries, and/or their family and loved ones. It is appropriately labeled

GOING HOME

This is a set of learning exercises on audio cassette which offers a means where-



by the individual can reduce dramatically the common fear of physical death. The result can be, at the least, greater tolerance of the situation. At most, the *GOING HOME* Subject may learn to control calmly the sequence of this critical event, even to the point where it becomes interesting and exciting...

The *GOING HOME* system also helps family and friends better understand and accept the reality of the death process, so as to provide badly needed specific support at critical moments. It also includes methods that can be employed to help them consistently adjust to and recover from the loss of their devoted one. It is designed for use at a private residence, in hospitals, hospices, and nursing care facilities.

Three of the inescapable rules in our lives, the Laws of Change, Cause and Effect, and Experience, are the greatest of Teachers. The problem with most of us is that we tend to forget them in moments of emotional crisis.

When Nancy Penn Monroe, my wife for twenty-three years and co-founder of The Monroe Institute, contracted breast cancer, I was sure that our methods and techniques along with conventional medical treatment would take care of the problem. Then, as her condition slowly worsened, the realization came that we should have some Death Insurance (the proper label, life insurance, was already in common misuse). There must be a means whereby we could be sure we would be together whatever took place.

In checking my notes on my early non-physical exploration, I came across my one visit in 1965 to what I then called the Park—a temporary recovery site for those distraught from the trauma of the death

LIM'ITS

by Dave Wallis

Dave first became involved with The Monroe Institute in 1979 as a volunteer, primarily in the research laboratory. There he designed the lab systems, installed electronics, and served as a technician during EXPLORER sessions. Dave served as a technical consultant to TMI until 1990, when he joined the staff as a full-time test engineer.



Limits—we all have them, break them, feel supported and hemmed in by them. A wise friend once said, "If you argue hard enough for your limitations, you may actually get them." A dictionary definition of "limit" is the point or line where something ends or must end, a boundary, the greatest amount allowed, or to restrict. Fortunately, the dictionary cannot limit our life, potential, or future. Only we do that.

Not all limits are undesirable. Many of them are beneficial to long-term survival and quality of life. Good limits might include limiting exposure to the ultraviolet light rays of the sun and thereby reducing the risk of skin cancer. The manufacturer's ratings on engine speed in revolutions per minute (RPMs) prevent destruction of the engine. Observing this mechanical limitation will almost certainly extend the life span and reliability of your car.

"Bad" or restrictive limits may well deny

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SHILOH RETRIEVAL

by Marian A. Hawes

The basic theme of the LIFELINE program is service to others: service in the Here, for living humans who request it; service in the There, for those no longer in time-space physical existence. As participants perform service in either area, they may feel an inner knowledge of its validity. At the same time, there is a desire for objective, outside corroboration. Micki Hawes persistently searched out such evidence following a dramatic retrieval during her April 1993 LIFELINE. This narrative account, submitted to Trainer Darlene Miller, was accompanied by copies of the documentation she unearthed.

On Thursday, April 29, 1993, at Focus 22, while attending LIFELINE, a hand began pulling on my ankle. It would not let go. Identification was requested. The name given was George Stevens or Stevenson.

Next we were on a battlefield. I was looking around saying, "Oh my God, oh my



God." The question was asked where we were and the answer came back, Shiloh. I "saw" what looked like blue uniforms, although they were mud caked and bloody. I asked what year. He told me later 1800s. When asked what he wanted, the answer was that his company wanted to GO ON together because they had died together. We held on to each other's ankles in a chain and went to Focus 27.

Judging by the date, it must have been the Civil War. I know absolutely nothing about the Civil War. I asked LIFELINE participants where Shiloh was located. One thought Virginia. Another said Pennsylvania. That's how much we knew.

On Saturday, June 26, 1993, I was seated across the table from a Civil War expert at a formal dinner. (Wasn't that a coincidence?) I asked about Shiloh and learned the battle was fought in Tennessee. The book *Shiloh: Bloody April* by Wiley Sword was recommended. It is interesting to note that the battle was fought in April and the contact at TMI was made in April. In the preface was reference to an 1862 firsthand account by William G. Stevenson titled *Shiloh: Thirteen Months in the Rebel Army*. Nowhere in the text was there reference to a middle name. Did the G stand for George? Was this my George? Blue uniform? Rebel army? Something was amiss. It wasn't right.

The Cincinnati Public Library provided

me with the *Official Records to the War of Rebellion: Reference Index of Shiloh Casualties*. Frustration! Wounded, yes! Mustered out, yes! Casualty, no!

I told the librarian everything. He was fascinated by how the information was obtained. He immediately called a colleague who referred me to the United States Department of the Interior, Shiloh National Military Park.

I wrote (enclosed). A response was received (enclosed). George H. Stevens was wounded at Shiloh. At first that did not seem right. Then something struck me: George Stevens was the first name received. The contact had been made at The Monroe Institute on April 29, 1991. George Stevens died on April 29, 1863—same date, 131 years earlier and was reburied at Shiloh National Cemetery, Grave M-2806. He made the initial contact. Illinois was Union. George W. Stephenson was killed in action at Shiloh, burial on the field in a mass grave. I began feeling shivers. This George was killed, not wounded. This was ill! Missouri was Union. The April dates, the mass grave, and others being with him indicated the need for a group rescue.

Life gently nudged me into the pursuit which led to verification. I felt great satisfaction in being able to help. The original experience was very *real* on one plane. It is now *real* on another.

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experience. At the time, I did not go back for further investigation because I saw no imminent need for doing so.

Twenty-seven years later, it was a different story. Perhaps it could indeed be the anchor for our Death Insurance, if such were needed. It was easy to renew my contact with the Park, and I was astounded at what I found. It was a construct started by human minds far earlier than our recorded history and had been in constant service ever since. Yet our civilization seemed unaware of its existence.

I gained again immediate friendships with those in service at the Park. No particular religious belief was involved. I learned

that an uncounted large number of humans suffering postmortem bewilderment and fright were constantly being "retrieved" and brought to the Park and its environs for rest and recuperation. When they were calm and rational again, each made a choice as to the next life sojourn from the many options available.

Among such options seems to be truly a way to go on the route to our original or ultimate Home—if one is completely prepared to do so.

Thus LIFELINE was born, one form of Death Insurance. It became a week-long seminar where individuals learn to go to Focus 27 (our label for The Park) as visitors and helpers. They learn to join in the retrieval process, finding the newly deceased who are frightened and confused,

then escorting them back to the Park in 27. In doing so, they gather data from them for verification in our current physical world.

After over two years, in September of 1993, over eighteen LIFELINE programs had been conducted with 270 participants attending. Each made an average of five visits to 27 during the training period. This equates to over **thirteen hundred** actual individual and separate trips to 27 by persons who are still physically alive.

The program is still being conducted at the Institute Headquarters in Virginia. It did indeed provide Death Insurance for me. Yet something was missing. It did not deal with the emotional and other factors of the death transition itself at the Here-Now level.

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DOLPHIN ENERGY GENESIS

by Shay St. John, DMin

Speculation has abounded on the origin of the Dolphin Energy Club since its inception. Now, Shay St. John, longtime friend of Bob and Nancy Monroe and member of the TMI Board of Directors, shares her personal recollections of the event that gave birth to this vital, growing, healing network.



Al and I were visiting with Bob and Nancy. She had a chemotherapy treatment scheduled, so I rode in with her and we planned lunch afterward. During the treatment, the needle was improperly placed, and the chemo leaked into Nancy's hand rather than flowing into her bloodstream. The nurse was extremely upset. So was Nancy. I was furious, but attempted to remain "calm and poised" to keep things somewhat in order!

Nancy was told this was extremely serious; that she could possibly even lose her hand. The hand would definitely turn black. Great pain would be experienced. She was to call immediately for a doctor's appointment. He was not in the office when this occurred. Nancy's hand was already at least twice its normal size, deep gray, and getting blacker by the minute. We went to lunch and I shared a story I had recently heard about the relationship between killer whales and dolphins. It seems that the two species set aside their natural enmity, and the dolphins assist the whales while they give birth. I then suggested, "Let's make the dolphins the midwives of your healing right now."

At lunch, over a glass of white wine, Nancy identified seven dolphins flowing through her bloodstream. As we ate, we told these dolphins that their very favorite food, the chemo in Nancy's hand, was theirs to devour. We focused their work on her hand during lunch and watched in awe

as Nancy's hand stopped turning blacker. The swelling decreased. Within an hour and a half, we could actually see the hand beginning to lighten and deflate.

We were so excited! Nancy had found a wonderful dolphin ring at Best Products, and she was thinking of getting it. We went there right after lunch—I bought Nancy her ring and she bought me mine. She felt so good that we continued shopping and returned to the house in the late afternoon. By this time, nothing unusual seemed to have happened to Nancy's hand. By evening, it was totally normal.

The next day we both talked to the dolphins and thanked them for their help. Then we told them of a real dietary treat, the cancer cells throughout Nancy's body. In addition, the unnecessary chemo could be their weekly "dessert."

We shared this experience with Bob and Al and, in an evening of brainstorming, the Dolphin Energy Club was born.

DEC service continues to develop and evolve. To engage in this work personally, call Shirley Bliley, DEC Service Coordinator, at (804) 361-9132 or write to her at The Monroe Institute, Rt. 1, Box 175, Faber, VA 22938-9749. The annual fee of \$35 for Institute members and \$50 for non-members includes the DEC Hemi-Sync tape, coordination of specific healing requests, and quarterly reports on DEC activity.



CLIP TIPS

We depend on our readers to send us clippings of news items, editorials, columns, book reviews, research reports, etc., because commercial clipping services are prohibitively expensive. When you see an item in a newspaper, magazine, or professional journal that you feel is relevant to our work here at TMI, please cut it out or photocopy it, indicate the date and source, and send it to The Monroe Institute, Route 1, Box 175, Faber, VA 22938-9749, Attn: FOCUS Clip Tips. Thanks!



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us happiness, love, achievement of our full potential, or understanding of who and what we really are. Perhaps it's time to start on the path of self-exploration. Mysteries and the unknown make exciting television shows and movies and good suspense novels. There's no reason why we should remain mysteries to ourselves.

Remember the newspaper headlines when the first runner broke the barrier of the four-minute mile? Until then, track and field coaches had maintained that it was impossible to run a mile in less than four minutes. No reason was given. Then Roger Bannister ran faster, and now this artificial limit is routinely broken in high school and college track meets. Furthermore, each succeeding Olympics sees new records in many events. Finally, it's okay to be faster, stronger, better athletes than our ancestors.

The human-potential movement has both allowed and encouraged people to examine external or self-imposed limits and decide whether to keep or transcend them. It has become acceptable to push old

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Not just for the Subject, but for the family and loved ones.

It took the deep personal experience of such an event acting as Teacher for this family/loved one to illustrate the massive need. Thus *GOING HOME* came into being as another form of Death Insurance, too late for me as a Family-Loved One, but perhaps not for others.

GOING HOME is based on the *LIFELINE* Program results as well as the many years of experience of two well-known friends, Elisabeth Kubler-Ross, MD, and Charles Tart, PhD. It is Death Insurance that can be utilized at any time or any place, *before* the fact. It provides a means for the dying individual to become fully aware of 27, and to go there upon permanent departure, if that is the desire.

We expect it to be completed and available in December. I hope you don't need it. But if you do . . .

